



CATHOLIC SCHOOL ATHLETIC ASSOCIATION  
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July 1, 2019

## 2019 CSAA CROSS COUNTRY INFORMATION

### Important Dates

**Coaches Meeting** - Monday July 15, 5:30 PM at the CSAA Offices.

**First Day of Practice** - Monday July 22 for all grades.

**CSAA Fun Run** - Monday October 7, 6:00 PM at Tom Sawyer Park

**CSAA Championship Meet** - Tuesday October 8, 6:00 PM at Tom Sawyer Park

### Information

**Coaches Meeting** - The annual mandatory Coaches Meeting will be held on July 15 at 5:30 PM at the CSAA Offices at 1949 Goldsmith Lane, Suite 101. The Cross-Country Coordinator will discuss all facets of the season - practices, rules, CSAA Fun Run and Championship, other meets, etc. and answer all questions. The meeting usually lasts 30 - 45 minutes.

**Practice** - Practices for all grades (K-8) may begin on Monday July 22. All boys and girls are eligible to participate even if they are competing in other sports such as Football and Volleyball. CSAA practice limitations apply across all sports.

#### **CSAA Meets -**

Location - Both the Fun Run and the Championship Meet will be held at E.P. "Tom" Sawyer Park at 2800 Freys Hill Rd. The meets will take place in the southeast corner of the park by the BMX Track.

## Schedules, Divisions and Distances -

### CSAA Championship Schedule

Start	Grade	Gender	Distance
6:00	5 – 6 <sup>th</sup>	Girls	1.00 mile
6:15	5 – 6 <sup>th</sup>	Boys	1.00 mile
6:30	7 – 8 <sup>th</sup>	Girls	3000 meters
6:55	7 – 8 <sup>th</sup>	Boys	3000 meters

### Fun Run Schedule

Start	Grade	Gender	Distance
6:00	K – 2 <sup>nd</sup>	Girls	0.50 mile
6:15	K – 2 <sup>nd</sup>	Boys	0.50 mile
6:30	3 – 4 <sup>th</sup>	Girls	0.75 mile
6:45	3 – 4 <sup>th</sup>	Boys	0.75 mile

Divisions - Participants must run in the division as dictated by their grade. A 5th or 6th grade runner may not compete on a 7-8th grade team.

Team Size - A parish must compete with a minimum of four runners to receive a team score. There is no limit to the number of runners a parish may enter. Parishes may enter fewer than four runners but their finishing places will not count toward a team score. Schools may not merge teams.

Team Scoring - All competitors who finish the race shall be ranked and tallied in accordance with the table below. Up to seven team members retain their order of finish. Any team members beyond seven shall not displace any opposing runners. The team scores shall then be determined by totaling the scores of the first four runners of each team. The team which scores the fewest number of points is the winner. Ties in team scoring will be resolved by comparing fifth place finishers from the tying teams. The team with the best fifth place finisher shall prevail. If one team does not have a fifth-place finisher, the team with the fifth-place finisher shall prevail.

Entry Fee - The Fun Run entry fee is \$5 per runner. The CSAA Championship entry fee is \$10 per runner. No upfront payment required. Both will be billed directly to the parish.

Race Entries - Submit entries via the KYTrackXC.com website. Enter the full team roster. Entries are due by Monday September 30.

<u>Place</u>	<u>First</u>	<u>Second</u>	<u>Third</u>	<u>Fourth</u>	<u>Fifth</u>	<u>Etc.</u>
Points	1	2	3	4	5	Etc.

Competitor Identification - Each runner will be assigned a unique bib number to be worn on the front of his/her uniform. Upon crossing the finish line, the timing pad will record each number - and the corresponding finish place and time - and upload it directly into the race computer.

**THESE RACE NUMBERS MUST BE RETURNED UPON COMPLETION. FAILURE TO DO SO WILL RESULT IN A \$10 FEE FOR EACH UNRETURNED NUMBER.**

Race Results - Finishing places, times and team scores will be automatically determined using the above systems.

Finals - Each race is a final. There are no heats or classes.

Starting Line Procedures - Each parish will be assigned its own starting line box prior to the meet and will retain the same position for all races. The boxes will be equidistant to the first turn and of the same size - which should generally allow three to four competitors to be positioned directly on the starting line. Additional team members will fill-in behind the front runners.

Rules - The meet will generally be governed by the rules of the National Federation of State High School associations.

Uniforms - All schools must wear matching shirts.

Course Markings - Each course will be marked with a mixture of flags, ropes, cones and paint. Race officials and volunteers will be posted at strategic junctures along the route.

Awards - Trophies will be awarded to the Team Champion and Runner-Up. Medals and ribbons will be presented to the first three finishers and ribbons to the first twenty finishers. In the Fun Run, ribbons will be given to the first twenty individuals.

Spikes - SPIKES ARE ALLOWED!!!

Parking - All parking will be in the grass field directly across from the course. The BMX parking lot will not be available for parking. DO NOT PARK IN THE GRASS ANYWHERE IN THE PARK OTHER THAN IN THE DESIGNATED FIELD.

Tents - Tents are allowed anywhere other than on the actual course and in the open area around the finish line. Please keep tents at least twenty feet away from the edges of the course so as not to impede spectator viewing.

Other Meets - Parishes are welcome to conduct their own or participate in dual, triangular and/or invitational meets prior to the CSAA sponsored meets. A partial list of meets is available on the CSAA website.

Additional Information - Check the CSAA website for all pertinent information related to the 2019 season: <http://loucsaa.net/csaa-cross-country/>

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